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LIZ BEDDALL/METRO

PM's terror travel ban called 'racist'

ELECTION 2015

Visiting family, providing aid may be affected, some worry

Gilbert Ngabo
Metro | Toronto

The scarcity of details about the Conservative Party's promise to ban travel to terrorism hotbeds has people such as Maria al-Masani worried she may never see some family members again.

"This is awful," said al-Masani, who came to Toronto from Yemen more than 10 years ago and who runs Yemen Rights Monitor, a blog that reports human rights violations.

"If I can't go to Mukalla, I say, 'Bravo'. That's where the bad guys are and nobody should go there," she said. "But if I can't go to the whole of Yemen to see and help my family, I think that's really racist."

It is already a crime for Canadians to travel with the aim of participating in terror-related activities. A re-elected Conservative government would take things further, passing legislation to prevent travel to regions controlled by terror groups, Prime Minister Stephen Harper said over the weekend.

Maria al-Masani runs the Yemen Rights Monitor blog.
CONTRIBUTED

Harper has yet to explain the fine print of the pledge, including exactly what areas or countries would be affected. And, while Conservative staffers have said there would be exemptions available to diplomats, aid workers and journalists, there's still concern about what that means.

Rachel Pulfer, executive director of Toronto-based Journalists for Human Rights, said it would be "excessive" to put the onus on individuals to justify their travel.

"It would result in an awful lot of irritating and unintended consequences," she said, adding the policy would create extra red tape for people "who have zero connection to terrorist activity."

Pulfer's organization works to strengthen human-rights reporting in countries such as Jordan and Sudan, and Pulfer worries their work could be affected.

"It may slow down our activities and may entail additional costs in both time and money," she said.

Harper continued pressing an anti-terrorism agenda on the campaign trail Monday, which included a stop in Markham.

Depicting his party as the only one capable of keeping Canadians safe, Harper strongly defended the use of Canadian warplanes against the Islamic State of Iraq and the Levant (ISIL) and promised Canada would take in more refugees from the affected region.

Harper brushed off the criticisms of NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau, who reject military action and have urged that Canada stick to providing humanitarian aid.

"If your policy is humanitarian assistance without military support, all you're doing is dropping aid on dead people," Harper said.

WITH FILES FROM THE CANADIAN PRESS

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More from the campaign trail, pg. 8

Metro explains Tory travel plan, pg. 11

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Ariela Navarro-Fenoy, right, with friend Franca Abate.
COURTESY FRANCA ABATE

FUNERAL

Family demands answers

The family of a young woman shot dead outside Muzik nightclub last week paid tribute to her "free spirit" Monday and demanded to know how the innocent bystander was killed while trying to make her way home.

Speaking outside the funeral for Ariela Navarro-Fenoy at St. Jude's Roman Catholic Church, her father, Victor Navarro, held back tears while issuing a brief statement to reporters.

"I have so many questions. Thank you to everybody for the respect. I need answers right now," he said.

Navarro-Fenoy, 26, was shot just north of the Dufferin Gate on Aug. 4 after a night out at the Exhibition Place night club following rapper Drake's OVO Fest.

No suspects have been arrested.

Aluen Navarro sobbed while reading a statement in which she described her sister as a "beautiful girl, inside and out, that would do anything for her family and friends.

"She was a free spirit and lived life to the fullest," she added.

"The tremendous support we've received is evidence of that. On behalf of my whole family, thank you for the endless love and support that you've provided us."

A GoFundMe campaign for the funeral raised more than $25,000.

TORSTAR NEWS SERVICE

Police ban paid duties at Muzik for 'safety' reasons

LAW ENFORCEMENT

Security review launched after fatal shooting last week

The Muzik nightclub is in a city-owned building at Exhibition Place. TORSTAR NEWS SERVICE

Toronto police are refusing to let their armed, off-duty officers earn extra cash at Muzik pending a review of the nightclub's security measures in the wake of last week's double homicide.

"Paid duties were suspended for reasons of public/officer safety" while the review is underway, Toronto Police Service spokeswoman Meaghan Gray wrote in email.

Last week, a man was shot dead inside the venue and a woman fatally wounded after leaving the club, located in a city-owned building at Exhibition Place. The victims were among an estimated 4,000 people who attended a music festival afterparty hosted by Toronto hip hop star Drake. Three others were injured in the city's worst case of gun violence in 2015. No suspects have been arrested.

Toronto Police Association president Mike McCormack said he supports the force's move, "to make sure that every security precaution was taken and the right security plan is used by Muzik."

However, the bigger issue is the brazenness of gunmen using firearms in public places, he said.

Last December, five paid-duty officers were present at the House of Lancaster when a man was shot multiple times outside the strip club on The Queensway in Etobicoke.

"It's not an issue about the club (Muzik), it's an issue about this whole gun mentality," McCormack said.

Off-duty Toronto police officers are available for hire to assist with traffic control, construction activity, funerals, film shoots or providing security at sporting events, concerts, weddings, community and school events.

Any organization or business can request a paid-duty officer. The service considers each request "on a case-by-case basis," using the same set of criteria, such as crowd estimates, what other security is involved, and what has occurred at past events.

During the evening, there was a large contingent of on-duty officers on site, along with 10 paid-duty officers "as part of the normal security protocol," Muzik said in statement released last week. In addition, there were 73 security guards, including 15 who swiped patrons with metal-detecting wands and conducted body searches.

The organization said last week it "prides itself on being one of the safest event venues in Toronto with security procedures that meet or exceed all industry standards."

Muzik closed its doors last weekend and the club continues to fully co-operate with the police investigation.

"It's too soon to comment regarding our plans for this weekend, but we are committed to ensuring this never happens again," club spokesman Jeff Chatterton wrote in email.

He did not directly address Torstar's questions about the ban on paid-duty officers.

TORSTAR NEWS SERVICE

Fare allegation put to the test

An allegation that Ariela Navarro-Fenoy was refused rides by cabbies before getting shot and killed outside Muzik nightclub last week — her friend claims they found her estimated $8 fare too low — has led to critics speaking out against the practice.

Sajid Mughal, president of the iTaxiworkers Association, said Navarro-Fenoy's death "should not have happened."

The association recommended that the city introduce steeper penalties for drivers who turn down short fares, he said.

According to friends of Navarro-Fenoy, she and two others had tried repeatedly to get a cab to get out of the area when chaos ensued, but were refused because their fare would have amounted to about $8.

"Had we gotten in a cab, this wouldn't have happened," friend Franca Abate told Torstar.

"We could have gotten home safely."

Torstar News Service put taxis in the Entertainment District to the test with an experiment Saturday night.

Six short ride requests were made.

Each driver accepted the fares, with no questions asked.

TORSTAR NEWS SERVICE

THE CAB EXPERIMENT

A Royal taxi from Royal Alexandra Theatre to King St. W./Spadina Ave. at 11:06 p.m. ($9)
A Beck taxi from King St. W./Spadina Ave. to Cake Nightclub at Simcoe St./Adelaide St. W. at 11:14 p.m. ($6.50)
A Crown taxi from Cake Nightclub to Tryst at King St. W./Peter St. at 11:29 p.m. ($7.25)
A Beck taxi from Foggy Dew Irish Pub at King St. W./Niagara St. to Bar244 at Duncan St./Adelaide St. W. at 2:16 a.m. ($10.50)
A Beck taxi from Bar244 to Brassai at King St. W./Spadina Ave. at 2:26 a.m. ($8)
An Ambassador taxi from Brassai to Cabin Five at Duncan St./Richmond St. W. at 2:46 a.m. ($7.50)

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Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $500 credit available on Chevrolet Spark, Sonic, Cruze, Volt, Trax, Malibu (except LS), Buick Encore and Verano; $750 credit available on others Chevrolet, Buick and GMC vehicles (except Colorado 2SA, Camaro Z28, Malibu LS, Silverado Light Duty and Heavy Duty, Canyon 2SA, Sierra Light Duty and Heavy Duty); $1,000 credit available on Cadillac vehicles (except 2015 Cadillac Escalade) and $1,000 on all Chevrolet Silverado and GMC Sierra. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. 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In 2012, developer Concord Adex caused a stir by adding a 40-metre skybridge to two of its marquee buildings in Toronto's City Place neighbourhood. LIZ BEDDALL/METRO

Skybridges a way to stand out in skyline

DEVELOPMENT

Spans add density and unique look to Toronto condos

Luke Simcoe
Metro | Toronto

Call them the "bridge and tower" crowd.

A number of architects and developers in Toronto are turning to skybridges — horizontal spans linking residential towers — in a bid to add creative density and distinctiveness to their buildings.

The latest example is a proposed 73-storey development at Yonge and Gerrard streets. Designed by Quadrangle Architects, new plans for the complex feature two towers connected by a skybridge, used to house amenities like gyms or communal space that condo-dwellers have come to expect.

"It's got an amazing expression on the skyline, which is probably the biggest driver," said lead architect Sami Kazemi.

The unique silhouette does come at a price. Skybridges are expensive to build, Kazemi said, and pose a number of engineering challenges.

Despite the added costs, Peter Clewes at architectsAlliance expects more skybridges will be built in Toronto as developers try to stand out in a competitive condo market.

"They've become synonymous with trying to do something different," he said.

> **They've become synonymous with trying to do something different.**
> Architect Peter Clewes

Clewes is the man behind Pier 27, a new development on Queens Quay that features not one but two skybridges. He said the horizontal spans allowed for increased density while preserving views to the water.

Unlike the bridge at Yonge and Gerrard, Clewes' contain residential units.

"We should have put skylights in the floor," he joked.

Craig White at Urban Toronto credits Concord Adex's development at City Place with popularizing skybridges in the city. During construction in 2012, droves of people came out to watch the 40-metre span get craned into place between the Parade One and Parade Two towers.

However, White noted a small skybridge at the Grand Harbour developments in Etobicoke predates the one at City Place by more than two decades.

Pier 27 on Queens Quay LIZ BEDDALL/METRO

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The Consequences of a car accident.

When to report and when not to report an accident.

Recently been involved in a collision? Here are some valuable guidelines to help you know what to do if you get in a collision.

Reporting an Accident: No injuries and damages are within Ontario's threshold. Each province sets a dollar value for estimated damages that will determine if you need to involve the police. In Ontario the threshold is $1,000. You are not required to report an accident to the police if the total damage is less than $1,000. This limit includes the damage to both vehicles. Your insurance policy however states that you are required to report all accidents to your insurance company, regardless of the amount of damage. Your insurer needs to be kept in the loop of any collision.

What about collisions that occur on private property, like parking lots?

For the most part, a collision while in a parking lot is no different than a collision that occurs while driving on the street, road or highway. The police will need to be notified if there are injuries, or if there are damages that exceed Ontario's $1000 threshold. Even on private property, you need to notify your insurer if you're involved in a collision.

There are scenarios when reporting an accident is required, no matter what the value of property damage.

Collisions that involve injury or death, a criminal act like impaired driving, an accident involving a government vehicle or one transporting dangerous goods, uninsured or unlicensed drivers or damage caused to highway property must always be reported.

And, like all other collisions, a call to your insurance provider is required in order to make sure you're covered in the event of a claim.

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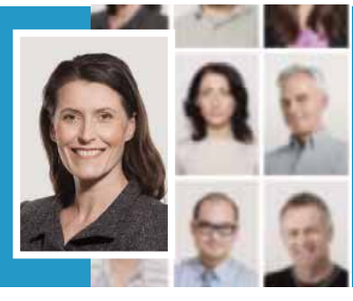


InsuranceHotline.com

Blue Jays merchandise is hitting a hot streak

MLB

Tulowitzki and Price add to biggest bump in 12 years: VP

Jessica Smith Cross
Metro | Toronto

The Jays are running hot, and their merch is selling like hot cakes.

The Blue Jays' merchandise department is working hard to keep up with demand from the new fans piling on the bandwagon.

Over the August long weekend, the Jays sold 1,700 jerseys and T-shirts crested with the names and numbers of the two highest profile new players the Jays recently acquired ahead of the trade deadline: Pitcher David Price and shortstop Troy Tulowitzki.

"In my 12 years, I've never seen this size of a bump, so fast," said Anthony Partipilo, vice-president of marketing and merchandizing.

"We've been selling jerseys all season long, and before the season, but to have this kind of demand, all of a sudden, I think we're seeing a new wave of fans jumping on board and it's great to see."

There is always a bump in merch demand when there are new players — even if it's not usually this big — and the fans will want them right away.

So the Jays will hand crest batches of jerseys with the new names for fans to buy before the manufacturer can send over the pre-crested Jerseys fans can buy right off the rack, which typically take a few weeks to arrive.

Partipilo expects to see to see the official stores at the Rogers Centre slammed again this weekend, when the Jays are facing the Yankees at home. He's also upped the staff that handles online orders to keep up with demand.

It's not just the new trades that have fans excited. The Jays have not been to the playoffs since 1993. As of Monday afternoon, Baseball Prospectus was giving the team an 85 per cent chance of playing post-season ball.

That's up from 11 per cent at the season-low in late May and about 50 per cent around the July 31 trade deadline. The Jays have won 11 of their last 12 games, including a sweep of the Yankees in New York last weekend.

Rogers Centre employee Nigel, top right, prepares a Tulowitzki jersey in-house to fulfill orders. Apolline Bagot, right, and a young customer hunt for hats at the Jays Shop. LIZ BEDDALL/METRO

IN BRIEF

Worker fighting for his life after plunging off roof

A worker is in life-threatening condition after falling off a roof in King Township Monday.

York Regional Police say that they were called to 8th Concession at noon. An air ambulance was called in to transport the man.

Police, fire and paramedics were dispatched to the scene.

TORSTAR NEWS SERVICE

Car hits pedestrian running across road in Scarborough

A 37-year-old male pedestrian is in life-threatening condition after he was struck by a car in Scarborough Sunday night.

Police said the car was travelling southbound on Meadowvale Road when it struck the man, who was running from the east side of the intersection to the west side.

The man remained in critical condition Monday morning. TORSTAR NEWS SERVICE

TORONTO ZOO

Giant B-day for giant panda

Canada's only female giant panda, Er Shun, had a "beary" special birthday Monday at the Toronto Zoo.

Er Shun, who turned 8, was surprised with an artistic Mad Hatter-themed cake created by the zoo's keeping team. The cake contained some of her favourite treats, including apples, leaf-eater biscuits and bamboo.

"Er Shun was very interested and curious when she came out of her indoor enclosure to see the cake," zoo spokesperson Lesley Dean said. She said the bright colours and smells caught the panda's attention and she "went right over."

Er Shun COURTESY TORONTO ZOO

The bear also received some handmade cards from visitors, including a Bristol board sign.

Visitors celebrated the day by taking part in panda-themed activities, such as arts and crafts, at the Giant Panda Exhibit.

Er Shun came from China in 2013 and will stay in Canada until spring 2018. She is accompanied at the zoo by a male giant panda, Da Mao, who is about a year younger.

Giant pandas are listed as endangered in the World Conservation Union's Red List of threatened animals. TORSTAR NEWS SERVICE

TWITTER

Earring debate: the final verdict

The verdict is in: Keep those earring backings on.

The inventor of the original plastic backing behind the earring piece that sparked a Twitter firestorm last week is revealed as a man from Toronto. And while 65-year-old Ira Carlin is amused by the debate, he wants to settle it once and for all.

On Aug. 1, a Twitter user named Chelsea Smith tweeted a photo of an earring backing with its accompanying plastic disk removed, writing, "After my nineteen years of living I (sic) have now realized that you are supposed to take the plastic part off." The tweet — said to have sparked the most intense viral debate since "The Dress" — divided the Internet into two camps: Those who say the plastic bit should be removed and those who staunchly defended it.

The answer?

"You actually leave it on. Period. Categorically, emphatically, from the expert mouth, you leave it on," said Carlin in an exclusive interview with Torstar News Service.

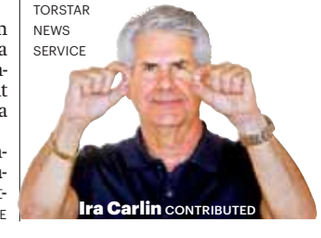
The now Florida-based entrepreneur, who calls himself The Earring Doctor and owns a company by the same name, said he invented the plastic disc backing in 1984. He was working for a jewelry company at the time and noticed heavy earrings made his wife's earlobes flop inward.

So he went searching for a solution.

The first design, dubbed Le Disc, was a simple plastic disc worn on the back of an earring between the back of the ear and the actual earring's original metal backing. Carlin said he never got a patent for the design but even if he did, he believes it could have been easily circumvented in the years following.

Eventually, someone else designed a backing with the plastic disc attached — the kind at the centre of the Twitter debate — but Carlin soon followed, designing a backing-and-disc-in-one product called Le Disc Plus.

TORSTAR NEWS SERVICE



Ira Carlin CONTRIBUTED

Law firm's new partner is a bot

ARTIFICIAL INTELLIGENCE

App can scan millions of pages in seconds

Luke Simcoe
Metro | Toronto

An artificially intelligent lawyer designed by a group of students from the University of Toronto has landed a job at the world's largest legal firm.

Known as Ross, the app relies on IBM's Watson technology to conduct legal research. It can scour millions of pages of case law in seconds and answer questions worded in plain English... or at least plain legalese.

Ross got its start as a class project, but quickly grew into a startup after its founders won an IBM-sponsored competition at U of T last year.

"It was never just a school project. Our vision was always to have Ross used by legal practitioners around the word," said Ross Intelligence CEO Andrew Arruda.

Ross Intelligence Inc. founders Pargles Dall'Oglio, left, Jimoh Ovbiagele, Andrew Arruda and Akash Venkat. The former University of Toronto students' legal tech company just received backing from Dentons, the world's largest law firm. CONTRIBUTED

Arruda and his co-founders are a step closer to that goal after receiving backing from Dentons, a global law conglomerate with more than 6,000 lawyers. The firm is embarking on a pilot project to study Ross' benefits and teach the app about U.S. bankruptcy law.

"It's been great to see Ross grow up," Arruda said. "First we watched it go to law school, and now it's already working at a law firm. As we continue into the future, Ross will become a senior partner in every single practice area."

By reducing research time, the Ross team believes their product will help law firms take on more clients and improve their profit margins. And by lowering the costs of legal work, Arruda and his co-founders also want to make the law more accessible.

"Sixty per cent of individuals in the U.S. who may need a lawyer don't hire one because it's too expensive," said the company's chief technical officer, Jimoh Ovbiagele.

"Ross is going to have an impact on clients around the world by allowing firms to offer more affordable representation."

CASE FOR T.O.

Citing companies like Beagle — which can decipher legal documents for the average reader — as well as the Legal Innovation Zone at Ryerson University, Ross Intelligence CEO Andrew Arruda said Toronto is emerging as hub for law-related tech companies.

"We're definitely earning a reputation for it in Silicon Valley," he said.

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Apology accepted

VANCOUVER

Teen disrupter embarrassed, remorseful over on-air incident

Emily Jackson
Metro | Vancouver

CBC reporter Megan Batchelor has accepted an apology from the teen that ambushed her live broadcast to kiss her cheek and take a selfie at the Squamish Valley Music Festival.

Batchelor, who filed a report with Squamish RCMP about the Friday incident that left her angry and embarrassed, spoke with 17-year-old Saltspring Island resident Daniel Davies after he reached out to her on Monday.

"He's utterly embarrassed, totally remorseful, and he said all the things we wanted him to say," she told Metro on Monday.

And Davies owned up to what happened. Speaking to Batchelor on a clip that aired on CBC radio, Davies' voice shook with emotion as he apologized.

CBC reporter Megan Batchelor said she was "rattled" when a stranger kissed her while she was covering B.C.'s Squamish Valley Music Festival. On Monday she expressed gratitude for 17-year-old Daniel Davies' emotional offering of regret for his actions. TWITTER.COM

"I was reading a lot of comments saying that things do happen at festivals, but I don't think that is right at all. Honestly, I think at the moment I thought it was a joke, then I stepped in your shoes. That's when I kind of realized that it all was not a joke at all," Davies said. "That's your career. It's also your body, and you have complete control over that and without anyone else's consent, they do not have the right to do anything to anyone.

"I wish I understood that before I did it, but like I said, I made the mistake already and I want to make the best of the situation."

Batchelor is relieved Davies is taking the incident seriously. The complaint is in the RCMP's hands, but she told CBC she does not want to see him end up with a record.

"I'm not offended by a kiss on the cheek, I'm not a prude. I'm offended that someone felt like it was OK for someone to bombard me while I'm doing my job," she said.

PARLIAMENT HILL

Ottawa releases shooting reports

Steve Rennie
Metro | Ottawa

There were not enough security guards on duty to quickly lock down Ottawa City Hall the day a lone gunman shot and killed a soldier on sentry duty at the National War Memorial and stormed Parliament Hill, according to a report released by the City of Ottawa.

The three guards stationed at city hall needed the help of bylaw officers — who fortunately happened to be in the building — to help them secure the premises after Michael Zehaf Bibeau launched his deadly attack last October.

"It is not possible for the three security guards that work within the facility to conduct a quick and effective lockdown of the City Hall and Heritage building with the existing physical security strategies and equipment," the report noted.

That is just one of the findings of a trio of reports that looked at how the city responded to the Oct. 22, 2014, attack in the nation's capital — including one with a number of recommendations that city staff had refused to divulge.

The findings of the reports call into question the city's assessment of its response to the attack, which lauded Ottawa's emergency management program as being "effective and efficient." Indeed, one of the reports found a "lack of guidelines, policy, plans or procedure for city facilities in relation to protective measures for staff and the facilities."

It found internal communications to city staff and people inside city hall were "slow and inconsistent," while the messages relayed to these people were "not precise with clear instructions/directions." The report also said there were "interagency struggles in relation to roles and responsibilities."

These findings are now coming to light following Metro's complaint to the province's information commissioner over the city's decision to censor all of the recommendations of its March report on the city's response to the October 2014 shooting.

CAMPAIGN NOTEBOOK

- Liberal Leader Justin Trudeau, in Montreal yesterday, dismissed as political posturing Prime Minister Stephen Harper's promise to impose an outright ban on travel to regions controlled by terror groups.

- Protesters interrupted NDP Leader Tom Mulcair's book launch in Toronto yesterday. As he read passages from his autobiography, Strength of Conviction, a couple of people stood up and unfurled banners. Mulcair's security detail escorted them out of the room as they asked if Mulcair would say no to the Energy East pipeline if it's incompatible with national action on climate change. Sure, Mulcair said.

- Today, Mulcair is scheduled to be in Quebec, Trudeau will be in Montreal and Green Party Leader Elizabeth May will be in B.C. Harper's itinerary was unavailable. THE CANADIAN PRESS

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Ferguson's anniversary of violence

MISSOURI

Police shoot young man, claim they were returning fire

A man who authorities say opened fire on officers in Ferguson, Mo., on the anniversary of Michael Brown's death was critically wounded when the officers shot back, St. Louis County's police chief said early Monday.

Chief Jon Belmar said at a news conference that officers had been tracking the man, who they believed was armed, during a protest marking the death of Brown, the black, unarmed 18-year-old whose killing by a white Ferguson police officer touched off a national "Black Lives Matter" movement.

The man approached the officers, who were in an unmarked police van, and opened fire, Belmar said. The officers returned fire from inside the vehicle and then pursued the man on foot when he ran.

The man again fired on the officers, the chief said, and all four officers fired back. He was struck and fell.

The man was taken to a hospital, where Belmar said he was in "critical, unstable" condition. Authorities didn't immediately release the identities of anyone involved, but Tyrone Harris told the St. Louis Post-Dispatch that the injured man was his son, 18-year-old Tyrone Harris Jr.

None of the officers was seriously injured. All four have been put on standard administrative leave. They were not wearing body cameras, Belmar said.

The shooting happened shortly after a separate incident that the chief called "an exchange of gunfire between two groups" rang out around 11:15 p.m. Sunday while protesters were gathered on West Florissant Avenue, a business zone that saw rioting and looting last year after Brown's killing. The shots sent protesters and reporters running for cover.

THE ASSOCIATED PRESS

> **"There is a small group of people out there that are intent on making sure that peace doesn't prevail.**
>
> St. Louis County Police Chief Jon Belmar

INTERNATIONAL SPACE STATION

First space-grown meal eaten in orbit

These are the salad days of scientific research on the International Space Station. On Monday, for the first time astronauts munched on red romaine lettuce that they grew in space.

After clicking their lettuce leaves like wine glasses, three astronauts tasted them with a bit of Italian balsamic vinegar and extra-virgin olive oil.

Astronaut Kjell Lindgren pronounced it awesome, while Scott Kelly compared the taste to arugula. They talked about how the veggies added colour to life in space.

If astronauts are to go farther in space, they will need to grow their own food and this was an experiment to test that.

Astronauts grew space station lettuce last year but had to ship it back to Earth for testing and didn't get to taste it.

THE ASSOCIATED PRESS

A crop of red romaine lettuce from the International Space Station's veggie plant growth system.

NASA VIA THE ASSOCIATED PRESS

TRANSPORTATION

Study finds uberX may reduces drunk driving

Ride-share service UberX isn't just getting scrutiny from regulators in the U.S. Researchers at Temple's Fox School of Business in Philadelphia say the service might even save lives.

In their paper, Show Me the Way to Go Home: An Empirical Investigation of Ride Sharing and Alcohol Related Motor Vehicle Homicide, scholars Brad N. Greenwood and Sunil Wattal report that in California, "the entrance of UberX result(ed) in a 3.6 per cent — 5.6 per cent decrease in the rate of motor vehicle homicides per quarter."

In other words, UberX has a positive impact on reducing drunk driving.

The study goes on to say that traditional Uber services do not have the same impact on DUIs. There's something special about the UberX service itself.

UberX, ride sharing app Uber's low-cost option, essentially empowers everyday people with cars to act as de facto cab drivers.

THE ASSOCIATED PRESS

BAY CONCOURSE IS CLOSING

August 16, 2015

As a part of the revitalization of Toronto's Union Station, we're building a new, modern and more spacious concourse to make your GO journey even better. The Bay Street Concourse will be closed for major renovations for approximately two years.

Before the concourse closes, you may want to try a new route through the newly built York Concourse or the Bay and York Street teamways. Find out more about the change to your commute at **gotransit.com/bay**.

POUR PLUS DE RENSEIGNEMENTS, VEUILLEZ VISITER LE SITE GOTRANSIT.COM

METROLINX

DIET PEPSI

Aiming for sweet spot, just not in Canada

A revamped Diet Pepsi without aspartame is popping up on store shelves in the U.S. So will people start flocking back to the soda?

PepsiCo says its new Diet Pepsi should be available across the U.S. this week. In response to customer feedback, the company said earlier this year that it would replace the aspartame in the drink with another artificial sweetener that has less baggage.

But Canadians won't be seeing the new format. Diet Pepsi in Canada will continue to be sweetened with aspartame, the company wrote in an email to The Canadian Press.

"There are no changes to any cola beverages in Canada at this time," said Sandy Lyver of PepsiCo Beverages Canada.

The rollout in the U.S. will test the theory that the sweetener is to blame for fleeing customers, or if other issues might be at play. Other diet sodas that still have aspartame include Diet Coke, Diet Dr Pepper and Fanta Zero.

Sales of traditional diet sodas have been falling. Industry executives blame the freefall on unfounded concerns people have about aspartame.

It's not the first attempt by PepsiCo Inc. to lift flagging sales of Diet Pepsi. In 2012, the company tried improving the drink by combining aspartame with acesulfame potassium, often called ace-K, another artificial sweetener that helps prevent the taste from degrading over time. The latest version of Diet Pepsi will also have ace-K in addition to sucralose, best known by the brand name Splenda.

The new cans will be marked with the words "Now Aspartame Free" above the Pepsi circle logo.

THE ASSOCIATED PRESS

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WIND true mobile freedom

A patron buys popcorn and a drink at a Cineplex theatre in Toronto. The cost of going to the movies has risen steadily over the last decade or so. CONTRIBUTED

Cutting prices for moviegoers

THEATRES

Despite rising admission costs, there are tricks to saving money

Once a go-to family outing, trips to the movies are now almost as pricey as dinner at a nice restaurant.

Movie ticket prices in Canada and the U.S. have risen steadily over the last decade or so, from an average of $6.21 in 2004 to $8.17 in 2014. At Cineplex theatres, the country's largest chain, admission for an adult costs around $13; for children and seniors, it's $9 and $9.50, respectively.

Still, there are ways to reduce the cost of seeing a movie. Here are a few tips:

Stay loyal: New rules aside, a Scene membership is still an easy way to score free movies. Members receive a Scene card, which earns points for movies watched and offers discounts on snacks. There are also Scene debit and credit cards through Scotiabank. Members earn a point for every $1 spent.

Try Tuesday: Cineplex offers discounted fares on Tuesdays. Tickets for a regular screening cost $7.99. Scene members get an additional 10 per cent off.

Go indie: Rainbow Cinemas sells adult tickets for $10; kids' and senior tickets are $6 and students cost $7.

Head outdoors: There are a number of free outdoor screenings this summer.

Look for promos: Cineplex is offering a Family Favourites deal, through which families can attend a Saturday matinee of an older movie for $2.99 per ticket.

Dine wisely: Theatre popcorn and candy is marked up — so, to cut costs, consider taking your own food. For instance, major theatre chains can sell chocolate bars for $4 to $6. The same candy is available at Dollarama for $1 to $2. TORSTAR NEWS SERVICE

IN BRIEF

Russian economy dives
Government figures show the Russian economy was 4.6 per cent smaller in the second quarter than the previous year in the wake of plummeting oil prices and Western sanctions. The Russian currency also dived Monday, falling below 64 rubles a dollar.
THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, August 11, 2015

metro's election explainer

Can Conservatives legally outlaw travel to ISIL-controlled regions?

Maybe not, but it's murky.

What the PM says

This week, Prime Minister Stephen Harper announced that if re-elected he would make it a criminal offence to travel to regions he called "ground zero for terrorist activity," particularly, members of his party later said, the parts of Syria and Iraq controlled by the group that calls itself Islamic State of Iraq and the Levant (ISIL). The measure is meant to prevent Canadians with radical views from leaving the country to join armed groups abroad. A similar rule exists in Australia, though in general blanket-travel restrictions are rare in developed countries. (It's unclear how useful this ban would be, because the House of Commons passed a bill in 2013 that made it explicitly illegal to travel to another country to commit a terrorism offence.)

What other leaders say

Opposition leaders have dismissed the move as campaign-season bluster. Justin Trudeau accused Harper of trying to distract Canadians from the wobbly economy, while Thomas Mulcair said, "There's little evidence to show that this will have a concrete effect."

What the law says

Harper said travelling to conflict hot spots is "not a human right." But the proposal could find the PM at odds with the Canadian Constitution, says University of Toronto law professor Kent Roach. And that means the policy might not hold up in court if challenged under the Charter of Rights and Freedoms.

"It would limit the right of Canadian citizens under Section 6 of the Charter (of Rights and Freedoms) to leave Canada. It would have to be justified as a reasonable limit," Roach said.

What rights groups say

Some human rights lawyers are concerned the proposal promotes a guilty-until-proven-innocent mindset, while the Canadian Civil Liberties Association says it will disproportionally affect certain ethnic groups.

It isn't clear what exceptions would be allowed, but Conservatives confirmed that tourism, business and religious pilgrimages won't cut it. Even with exceptions, some groups fear the ban could put red tape and delays in the way of activists, filmmakers, journalists, people doing humanitarian or diplomatic work and those travelling to care for ill or elderly relatives.

The election explainer is dedicated to informing would-be voters without boring them. It will appear regularly in this space throughout the campaign. What would you like explained? Email us at readers@metronews.ca.

What happens when transit is too expensive

YOUR RIDE

Glyn Bowerman

What happens when public transit costs too much?

With the TTC considering yet another fare hike for 2016, and no immediate promise of higher subsidies from the provincial or federal governments, it's worth asking.

Obviously, steep increases in fare prices harm the people who can least afford them. It may limit people's physical, social and economic mobility within the city. For some, a turnstile becomes a significant barrier. Others, well, they just hop it.

There will always be fare-dodgers on any system. But in some places where people take particular issue with the price of public transit, it's become an organized effort.

Planka.nu, an organization operating in Sweden and Norway, believes people are entitled to free public transit. It encourages riders to dodge fares and collects monthly membership dues, which it uses to pay any fines incurred by its members.

The New York Times reported the group makes twice the amount needed to cover fines. Transit officials in Stockholm, meanwhile, bemoaned some 15 million unpaid trips in 2013.

Last year, the National Post reported the TTC loses $20 million a year due to fare evasion — and that's without a group going so far as to encourage turnstile hopping.

Planka.nu believes taxes should subsidize transit and that free public transportation will have other positive effects on the environment and congestion.

"Today car traffic is prioritized at the expense of public transportation," their website reads. Sound familiar?

"Roads are financed by tax money and are free to use, but the public transportation is financed by fares. It is rather strange that the authorities punish those who choose the means of travel that suits the environment best."

In many ways, the group is echoing what a lot of Toronto transit activists have been saying for years: Fare box revenue keeps the system running and that's a problem.

By the TTC's own admission, it receives the lowest per-rider subsidy in North America, at 88 cents. This, compared to Montreal's $1.21 or York Region's $4.34.

The TTC plans to ask for an increase in the operating subsidy from the city for a total of $573 million. But, even if that comes, without added subsidies from other levels of government, the TTC needs its $1.1 billion in yearly fare revenue.

People have a breaking point. There's only so much some are willing or able to pay until they find away around it.

Steep increases in fare harm the people who can least afford it. It may limit physical, social and economic mobility.

Public transit is supposed to be the great equalizer: A way for everyone to get around, regardless of class or geography. But that ideal is only met when the fare is affordable.

If we don't see higher subsidies and lower fares there may well be a Toronto chapter of Planka.nu in our future.

Glyn Bowerman is a Toronto-based journalist and theatre artist. He is also a regular contributor to Spacing Magazine. Follow him on Twitter @Banquos_Banquet

ROSEMARY WESTWOOD

metroview

Why there's so much bloody fuss about one on-camera kiss

This isn't the hot take.

This isn't an attempt to feed the media storm or public-shaming machine against 17-year-old Daniel Davies, who planted a kiss on the cheek of a TV reporter in Squamish last weekend, and snapped a selfie. This is an attempt to explain why we're talking about it so bloody much.

To quote one boss, "If it was a hot blonde in a bikini top kissing a man, this wouldn't be happening." The kisser wouldn't have faced the threat of the RCMP, she meant (the complaint against Davies was dropped yesterday after he apologized). A male reporter might be annoyed or pissed off, but he wouldn't turn it into a national story. There wouldn't be the hoopla.

I couldn't agree more. But that doesn't mean that reporter Megan Batchelor acted out of line by going to the police. It means you can't compare apples to oranges, or men to women.

Equality between the sexes doesn't exist.

When women live in perpetual fear of rape (ask them, they do), when their bodies are viewed as the playthings of men (still) and when violence against women remains at pandemic proportions, guess what: Women are going to be defensive over their bodies and sexuality.

And rightly so.

It's not good enough to say, "Oh, it's just a kiss!" No, it's not. It's an unwanted kiss, the kind that got 65-year-old Narinder Jain in Ottawa charged with multiple counts of sexual assault after he went on the most bizarre of sprees — a kissing spree — this summer.

It's also not good enough to wonder, "What's the big deal?" The big deal is, women in our society feel that their bodies are constantly under attack. Women who work in TV, in particular. Take the FHRITP prank.

If we didn't have rampant sexual violence, if we indeed had equality, the kiss might have been laughed off. Batchelor mightn't have taken unwanted advances to be part of a continuum of assault women fear every day. But that's not our world.

What this all means for some guy's hook-up strategy, I couldn't care less. The world is not becoming a colder place because men have to worry about not offending the women. And if even if it is, well, that's a small price for some to pay compared to the price women (and men) are paying for sexism.

If you want a society where good-natured signs of affection aren't misconstrued as sexual assault, then consider building the kind of society where women aren't living in fear of sexual assault. We could use your help.

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Your essential daily news

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metro LIFE LOL
Your essential daily news
Haha, LOL is Facebook laughers least favourite laugh out loud

Harpist turns pluck into Style

VIRAL VIDEO

Emilie Kahn wins fans with cover of Taylor Swift song

Some musicians would do anything to capitalize on an endorsement from Taylor Swift — but that's simply not Emilie Kahn's style.

The Montrealer has gathered significant attention for her austere cover of Swift's Style, which she played on the harp. Her intimate take on the song has been posted by Time, Entertainment Weekly and BuzzFeed — not to mention Swift herself, who retweeted Billboard's post on the song.

For the soft-spoken Kahn — who performs as Emilie & Ogden, Ogden being the name of her harp — it's all a little tough to fathom.

"It's become a bit overwhelming," she conceded in a telephone interview recently, noting that she had to stop monitoring the clip's ever-climbing YouTube view count (more than 200,000 hits and counting).

"It's getting a lot of attention, which is super exciting, but it's also kind of scary just to be, I guess, famous on the Internet.

"I don't want to be known as the girl who did the Taylor Swift cover," she added. "I think with the Internet and all these clickbait websites, it's kind of easy for you to put out a video and it just becomes a piece of content for people to share.

"People are reacting really well to the video, saying this touched me and this changed my life — so that's amazing to hear. But I'm also worried that next week it'll be onto the next thing."

In fact, this should just be the beginning for Kahn.

Emilie & Ogden's debut, 10,000, is due out Oct. 2. It's cinematic and wrenching, with lyrics about "pain and heartbreak" — not necessarily autobiographical, she notes — finding an ideal vessel in Kahn's gossamer voice and mournful instrument.

The arrangements on her album are significantly fuller than her stripped Swift cover, although Kahn says her Style is an accurate indication of the intimate feel of her live show.

She chose to interpret the song because she wanted a cover in her set and she's "kind of just a big fan" of Swift.

"(Style) has a really unique mood," Kahn observed. "She writes a lot of huge pop hits, but I think they always have a really specific subject matter. This song is about the time after you break up with someone and you keep going back to each other.

"I thought that was a very interesting mood that you don't see a lot in pop music."

Kahn was born in Toronto but spent her formative years in Montreal. She began writing songs as a teen but couldn't commit to an instrument, wandering from flute to piano to guitar.

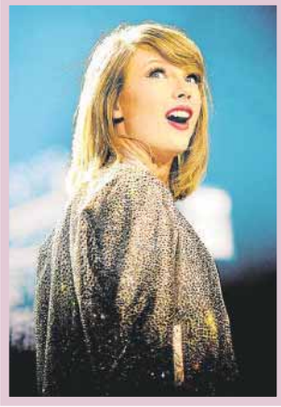
She went to music school, still trying to locate her passion for piano, when she attended a concert and noticed a harpist accompanying the choir.

"It was love at first sight," recalled Kahn, noting that she's been playing for five years. "When I discovered the harp, it changed my life."

Kahn concedes that while she's stopped absorbing feedback related to her Style cover, she might be encouraged by the top-voted comment lurking on YouTube.

"I can't believe I've never heard of you before," wrote a user named Toni C. "I'm definitely buying your album in October. You're absolutely amazing!"

Informed of this, Kahn laughed: "That's nice to hear." THE CANADIAN PRESS



Canadian musician Emilie Kahn, above, caught the attention of Taylor Swift, inset, and racked up major YouTube views with her harp version of the singer's song Style. YANI CLARKE/HANDOUT

FAME AND A HARP WITH A NAME

For the soft-spoken Kahn — who performs as Emilie & Ogden, Ogden being the name of her harp — it's all a little tough to fathom. "It's become a bit overwhelming," she concedes.

STREAMING

New Mindy Project won't be more risqué, Kaling says

Mindy Kaling is blissfully unaware of the numbers Hulu may be hoping for when it comes to streaming new episodes of The Mindy Project, which debuts its fourth season on the service on Sept. 15.

"To be honest, after being on network TV for 11 years, I'm kind of happy about that. I'd rather just focus on the creative and I'm happy that they're not trying to pull me into those conversations," Kaling, its creator and star, told The Associated Press Sunday.

Fox cancelled the series in May but Hulu revived it days later, asking for 26 episodes, which is the biggest season order of The Mindy Project to date.

"I'm so grateful and I just want to make the show better than it's ever been," said Kaling. "We went from 'We're never doing this show again' to having more work than ever."

The comedy itself won't change too much in its leap to the web where a new episode will be posted each week.

"I think if we really changed the show and made it more risqué and put it more on a tilt towards stuff you might find on HBO or Showtime, we would maybe turn off some of our core viewers," said Ike Barinholtz, who is a cast member, producer and writer on the series.

> **"I just want to make the show better than it's ever been.**
> Mindy Kaling

The episodes won't be under the same time constraints that exist in network television, so they will feature more of the supporting cast like Ed Weeks, Beth Grant and Xosha Roquemore. Kaling said she is happy to give them more screen time because she was a supporting player on The Office who appreciated when she had more to do.

The 36-year-old entertainer also hasn't ruled out producing TV for other people and said she would consider it if she found something she was excited by.

For now, her main priority is to her show. THE ASSOCIATED PRESS

Mindy Kaling is happy to have more work than ever. GETTY IMAGES

LONG UNIONS

Iman & David Bowie

Elton John & David Furnish

Jon Bon Jovi & Dorthea

Shannon Tweed & Gene Simmons

Solid as a rock marriage

MODERN LOVE

Gwen and Gavin split but some music couples roll on and on

SOUND CHECK

Alan Cross

The highest-profile conscious uncoupling since Chris and Gwyneth involves Gwen Stefani and Gavin Rossdale, who are calling it quits after 13 years and three kids. There are the usual rumours about cheating with nannies and the usual speculation about divergent career trajectories.

When they met, he was the big dog; now she's the major breadwinner, thanks to her singing career, her clothing line and a gig on The Voice. Bush's best days are behind him. Since there's no pre-nup, California law states that assets must be divided evenly — a good deal for Gavin (his net worth is $35 million vs. Gwen's $80 million).

Gwen and Gavin were often held up as a rock 'n' roll couple who somehow made it work despite all the pitfalls that come with that line of work. We thought we knew about their private lives because of what they chose to share on red carpets, in their lyrics or so-called tell-all interviews. But we don't know what happens once the curtain closes.

However, there are couples that continue to make it work after decades. Bono met Ali when they were 12 and they tied the knot in 1982. Bono acknowledges she tamped down his wanderlust and created a proper home. They continue to bond over family and philanthropy.

> **Keith Richards and Patti Hansen have been together for 32 years.**

David Bowie and Iman have been together for 23 years. He said he was naming their kids the night they met; the connection was that immediate.

Elton John and David Furnish have been together since 1993. They entered into a civil partnership in 2005 and legally tied the knot last December.

Jon Bon Jovi and his wife, Dorthea, met in high school and are now a year beyond their silver anniversary. Jon says he got it right the first time.

Here's a weird one: Gene Simmons and Shannon Tweed. Who would have put odds on the KISS demon staying with any woman? They lived together for 28 years before saying 'I do' in 2011. Gene explained he needs Shannon in his life because she "holds him accountable." Uh-huh.

Maybe the most amazing lesson in marital longevity is Keith Richards and Patti Hansen. They've been together almost 32 years. He credits her with putting him on the straight and narrow. Well, as "straight" and as "narrow" as Keef is capable.

So rock 'n' roll and marriages can work. Then again, why any marriage survives is a mystery. It's a strange blend of timing and alchemy that either works or doesn't. And that applies to everyone.

Gwen Stefani and Gavin Rossdale in happier times. ALL PHOTOS: GETTY IMAGES

She's learned to love running

THE MILE HIGH RUN CLUB

Lena Dunham's coach shares his tips

Emily Laurence
Metro in New York

If you think you'll never be one of those people who runs five miles before work or trains for a marathon, don't write yourself off so fast.

Lena Dunham recently confessed she hated running her whole life — until she started training with Matt Wilpers of the Mile High Run Club. "Working with Lena was an awesome experience for me," Wilpers tells us. "I helped transform her attitude about fitness by helping her build confidence." Here, he shares how you can start enjoying it, too.

Set specific goals

If you aren't one of those people who just naturally loves to run, you need a reason to do it or it can seem a bit pointless. "Some people (set a goal) to work up to their first race, such as a 5K," Wilpers says. "Other people, like my dad, start running to improve their overall health. I think it's really important to set specific and measurable goals so you can track your progress."

Switch it up

If you think running is boring, try it in a new way. Wilpers says he grew up running the mountain biking trails in his hometown. While that may be hard to do in an urban area, cities boast amazing skyline views. Never underestimate the power of beautiful scenery to make you look forward to a run. Another new way to challenge yourself: Take a treadmill class.

Do it with a friend

Making friend-dates for a run and indulge in a post-workout smoothie gives you something to look forward to, with the bonus of holding yourself accountable to actually work out. "Before you start running with a friend, set expectations about the run so you can accomplish your goals," Wilpers says. "Then you can spend more time enjoying the company of your friend."

> **It's really important to set specific and measurable goals.**
> Matt Wilpers, running coach

Come up with a motto

Wilpers says he has lots of mottos that he lives by, but his favourite is "Sharp Body, Sharp Mind." A running motto can keep you going and also can bleed into other areas of your life. "As long as I maintain my fitness, I think clearly and make better decisions," Wilpers says.

"Not usually one to post a paparazzi shot but this fills me with pride," Dunham wrote on her Instagram account when she posted this pic. INSTAGRAM/@LENADUNHAM

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PSYCHOLOGY

This could get ugly: Unsmiling women may be judged harshly

Hadley Boltres
Metro in New York

Psychologist Susan Krauss Whitbourne wanted to look into why only women seemingly suffer from the so-called "resting bitch face" condition.

Men are more respected when they appear thoughtful. But women who don't smile automatically appear cold, according to the RBF theory, writes Whitbourne in a recent Psychology Today post.

Facial muscles constantly respond to one's inner fleeting emotions, she notes, but why do people quickly conclude personality traits based on facial expressions, not just emotions? We assume that the woman is a "bitch," a trait, rather than tired, worried, or angry, all fleeting emotions, she says.

She looks at a study from the University of Glasgow in 2014 that may give us clues into how people judge "RBF." The study assessed dominance, trustworthiness and attractiveness in different facial expressions. The researchers found that we can communicate power and dominance, but attractiveness could not increase through facial muscle manipulations.

The study only looked at men's faces, so, Whitbourne notes, so it can't tell us how perceptions of dominance in mens and women's faces differ.

"But if the RBF theory is true, women looking dominant should be perceived as less attractive than men with similar expressions," she says.

Kristen Stewart has been accused of having an RBF. GETTY IMAGES

HIGH AND LOW DOMINANCE

High dominance
Wrinkling the nose and snarling the lips, show dominance, according to the 2014 study.

Low dominance
Raising and lowering the brows, showing dimples, stretching the lips and lowering the chin.

GOSSIP BRIEFS

Breakup left Watson utterly speechless

Emma Watson tells Vogue U.K. that last year she went through a "horrendous" breakup with ex-boyfriend Matt Janney. How horrendous? It involved a vow of silence. No, seriously. "I felt really uncomfortable," Watson says. "Even before my relationship ended, I went on a silent retreat because I really wanted to figure out how to be at home with myself." There's some joke in here about relationships and communication issues.

NED EHRBAR/FOR METRO

Cavill's awkward sex scene

Man of Steel star Henry Cavill isn't made of stone, you guys. Case in point: While working on the sex-filled Showtime series The Tudors, he once got a little too into one of his more intimate scenes. "It's only happened to me once, and it was very embarrassing. A girl had to be on top of me, she had spectacular breasts, and I hadn't rearranged my ... stuff into a harmless position. She's basically rubbing herself all over me and, um, it got a bit hard," Cavill tells Men's Fitness.

NED EHRBAR/FOR METRO

Aniston's secret wedding

Howard Stern has revealed details about Jennifer Aniston and Justin Theroux's secret wedding, including that Jimmy Kimmel officiated. Stern was a guest at the Los Angeles ceremony last Wednesday that the couple disguised as a birthday bash.

THE ASSOCIATED PRESS

Nicki calls Meek Mill her 'baby father'

PREGNANCY

Does rapper have a mini Minaj in the oven?

IN HOLLYWOOD

Ned Ehrbar

Meek Mill is probably happy that his name is coming up for some reason other than constantly feuding with Drake.

So what's distracting everyone from that spat now?

Oh, just Nicki Minaj introducing him at a recent Burgettstown, Pa. concert as "my baby father," immediately setting off waves of speculation that Minaj is in fact pregnant — and apparently a fan of mangling popular phrases.

Seriously, baby father?

That just sounds awkward.

As to whether there's any truth to baby talk, Minaj is being less than helpful, retweeting fan reactions to the rumour with just a series of crying laughing — or maybe just crying — emojis.

That could really mean a number of things.

This is why people shouldn't release statements comprised entirely of emojis.

It's an imperfect communication system, people.

> **"As to whether there's any truth to baby talk, Minaj is being less than helpful, retweeting fan reactions to the rumour with just a series of crying laughing — or maybe just crying — emojis.**
>
> Ned Ehrbar, on Minaj being coy

SQUAMISH MUMFORD ON THE ROAD Marcus Mumford of Mumford and Sons performing Sunday, the final day of the Squamish Valley Music festival. The band continues their Canadian tour with a stop in Edmonton tonight, and they will play a show in Calgary on Wednesday. JENNIFER GAUTHIER/FOR METRO

INTERVIEWS

FKA Twigs hasn't seen Twilight

Robert Pattinson's fiancée, singer FKA Twigs, sounds like a real delight to interview. An intrepid Sunday Times reporter did her darndest to get through a chat with Twigs, but it doesn't sound like it went very well — especially when the topic of marriage comes up.

"Who told you I was getting married? You might read somewhere that I'm a monkey and it doesn't mean I am," Twigs says.

She also starts the interview in tears and ends it with, "I think this could be my last interview. I can't do it. It makes me feel nutty."

The highlight, though, is when she admits she hasn't seen Twilight, the film that made Pattinson a star.

NED EHRBAR/FOR METRO

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LEARNING CURVE

Mature students face anxieties of school

SHUTTERSTOCK

When you hear "university student", you probably think of a bright-eyed youngster, fresh out of high school. But if you're a student that doesn't fit that mold, campus life can feel like navigating a rainforest full of exotic wildlife. I know, because I've done it.

As a 31-year-old coming back to university after several years, I felt a little bit like Matthew McConaughey in Dazed and Confused: I'd gotten older, but everyone else had stayed the same age. I wondered: Can I actually do this?

Cheryl Shook is an instructor with the University of Toronto's Academic Bridging Program, which helps students who've been out of high school for several years integrate into a university setting. She says performance anxiety is a common theme for older students.

"They're fearful that they're not going to be able to measure up, they're not going to be able to do the work they see the younger students doing," says Shook. "The mature student is worried that they won't remember, or that they never learned in the first place."

As a transfer student (with prior post-secondary experience), I was in a bit of a different boat, but still had those anxieties.

Fifteen years removed from high school math, my head was swimming within the first week of my calculus class. I thought of quitting.

But I buckled down and got help from my professor — who, it turns out, was younger than me. I also hired a tutor and created cue cards so my wife could help me study every night. Shook says that's one advantage older students have: they know when and how to seek assistance.

"Life has told them that there is help out there," says Shook. "They'll be more vigilant in finding that academic or personal support, and they will access it."

But I had it relatively easy, with a light course load, no kids and an accommodating work schedule. For others, the transition can be much tougher.

"The time management issue for mature students is more complicated, because their lives are more complicated," says Shook. "They have family obligations, they might have longer commutes, they might have financial obligations, which means they might have to work more hours."

But Shook says that balancing their busy lives can actually help older students be more productive academically.

"They learn from experience that they need to not wait until the last minute," she says. "Generally they get organized a lot quicker than students coming in from high school."

I ended up doing better in my courses, at age 31, than I'd ever thought possible — maybe even better than if I'd taken them at 18.

-DANIEL SQUIZZATO

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CONTRIBUTED

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Many students enrolled in programs such as the medical office administrator program begin without prior work experience in the field.

In such a fast-paced environment that demands a strong working knowledge of medical terminology, skills, and accuracy, on-the-job training is not always available, which is why many of CDI College's programs include practicum placements so students can gain hands-on experience prior to graduation.

"The practical training at CDI College, and especially the practicum, is so important because you are actually getting experience," Mol says. "It's also something that you can add to your resumé that's actually hands-on."

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"We actually prefer students not to have experience," says Dave Samalea, chairperson of Centennial's automotive and motorcycle programs, of the motorcycle and powersports repair techniques offering. "We like to take people from the ground level up, teaching them basic to advanced skills."

One of the only programs of its kind in Ontario, motorcycle and powersports repair techniques is a one-year offering that gives students the foundation to launch a career in parts and service, sales, as counter staff or allows them to pursue a motorcycle technician or small engine mechanic apprenticeship.

"A lot of the larger places don't just deal with motorcycles, so you're much more marketable if you have the skills we teach," Samalea says.

With theory and hands-on elements, students receive a well-rounded education that includes knowledge of engine, fuel and electrical systems, brakes and chassis, and general educational topics such as communication.

"We tend to attract visual learners who get excited about getting their hands on the product, but there's also a lot of theory," Samalea says. "About 40 per cent of program time is spent in the labs and 60 per cent is spent on theory."

For the practical portion, students work in labs outfitted with products donated by major manufactures such as Suzuki, Kawasaki, Honda, Yamaha, and Harley-Davidson.

"The students aren't working on junk or things they have to bring in," Samalea says. "I've never seen anyone in our program unhappy. Students consistently rate this program, from a student satisfaction standpoint, 90 per cent or higher. It's hard not to be charged up about that."

Now is a great time to take Centennial's program, Samalea says, thanks to a shortage in skilled workers as people start to retire and products become more advanced.

"There is a lot of opportunity and for someone who is trying to pick it up on their own, you just can't do that anymore. You have to have the education."

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After 12 years as a business development manager for a multinational organization based in Hong Kong, Neelam Advani was confident that her move to Canada in 2013 would see her advance her career quickly. Advani, however, soon realized the Canadian workplace is unique, diverse and rife with complexities.

"There was this undercurrent at work that told me that I did not quite understand the unwritten rules of a workplace," says Advani, who will graduate from the business edge program at University of Toronto's Rotman School of Management this month. "Business edge changed all that. It helped me understand the finer nuances of the unspoken professional language of communication. It also taught me strategies to navigate through the complexities of a multicultural workplace."

With classes during evenings and weekends, and themes such as advanced communication, leadership skills and career management, the six-month program offers internationally educated professionals a thorough understanding of Canadian workplace culture and "soft skills" to ensure success.

Advani, who works at RBC, says one of the most enriching aspects of business edge was realizing that, thanks to the diversity of her fellow internationally educated peers, the classroom was a representation of the Canadian workplace.

"Together we learned to apply tools and devise solutions to resolve challenges at our workplaces. Together we formed a camaraderie that is going to endure long after we have graduated from the program."

Neelam Advani. CONTRIBUTED

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Rotman School of Management
UNIVERSITY OF TORONTO

U of T taking innovative approaches for its programs

Understanding students' changing priorities and emerging market needs are essential aspects of post-secondary institutions. And they are the hallmark of the success enjoyed by the University of Toronto school of continuing studies, says its dean.

"Students expect us to respond to what is required in the marketplace," Marilynn Booth says. "There is a talent gap between the competencies employers say they need and what students already have. Bridging that talent gap allows students better career options."

With more than 600 courses, 80 specialized certificates and nearly 600 instructors, the school is taking innovative approaches to ensure busy students have access to education. Aside from the use of technology in the classroom and online studies, the school is expanding its hybrid offerings.

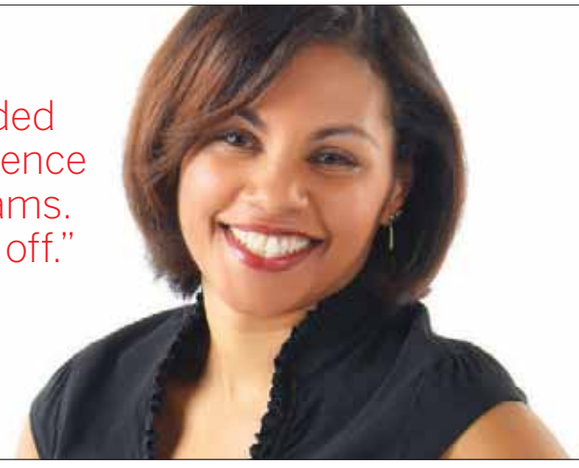
Among the hybrid courses offered by the school of continuing studies are digital communications, human resources, business analysis and business evaluation. Booth says the school is actively exploring whether new courses being developed can be offered in the hybrid format.

But that doesn't mean other formats are falling by the wayside. One of the school's most exciting new ventures will be launched online in September. Called multimedia storytelling, it will touch on all aspects of how world-class multimedia campaigns are executed.

STUART LOWE PHOTO

HUMAN RESOURCES

"Returning to school provided the knowledge and confidence to go after my career dreams. Continuous learning pays off."



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Canada's Graham DeLaet has pulled out of the PGA championship due to a thumb injury

Osuna grounded by family

BLUE JAYS

Closer's clan behind him since he was 12, playing in Japan

Roberto Osuna looked into the stands at Yankee Stadium this weekend, and there was the welcoming smiles and support from his family there to greet his every success.

Osuna gladly admits one of the biggest reasons he's as successful as he is — he's mowing down major-league hitters at 20 years old as the Blue Jays closer — stems from the bond with his father, mother, twin brothers and sister, who made up his biggest fan group this past weekend when the Jays stunned the Yankees in a three-game sweep.

There is, however, more than simply cheers and excitement for the precocious eldest son; if there's a reason Osuna has so fluidly grasped the rigours of being a major-league closer, it all reflects back to his family.

It seems they are right there on the mound with him, making every pitch. And Osuna has kept that bond in his heart and mind, ever since he left home in Los Mochis, Mexico, as a 12-year-old, to pitch in Japan. He's always pitched against players much older than he was, even at that tender age, and it's helped him acquire the mental makeup necessary to get outs as a closer, one of the major leagues' most steely and intense jobs.

"I've been in situations when I was 16 and my dad told me, 'It's just a game, do your job and don't try to do too much,'" Osuna said of his father, Roberto Sr., a pitcher himself in the Mexican pro leagues and his son's first and forever pitching coach.

"I was in the Mexican League and I was 16 facing guys 34 years old. I was a bit nervous, especially because my dad had a new career there at the time. I faced a couple of ex-big leaguers, but to be honest, they couldn't hit my fastball. So I said they can't hit it, so what I have to do is go out and make good pitches."

Osuna is now earning a big-league paycheque, but ever since that young age he has brought home money earned through his talents, and it's helped his family stay together under one roof without added worries of working extra jobs to feed four children.

Osuna is proud of the fact his twin 12-year-old brothers, Pedro and Alex, recently shared MVP honours at a tournament in Washington.

They were at Yankee Stadium, cheering him on with sister, Angie, 16, mom, Guadalupe Qintero, and his father.

Father and son sat down to dinner in Manhattan to discuss baseball, and the son heard a familiar refrain from the father: do your job and don't try to do too much.

"(Roberto Sr.) came to New York (this past weekend) and we had a talk. We went out to dinner and I had made some mistakes against Kansas City and Minnesota, and he said to me, 'Don't try and do too much. You have 97 m.p.h., go out and make the pitch.'" TORSTAR NEWS SERVICE

Roberto Osuna has taken the reins as the Blue Jays closer at the age of 20. STEVE RUSSELL/TORSTAR NEWS SERVICE

NOTES

Donaldson, Price named AL co-players of the week

Third baseman Josh Donaldson and starting pitcher David Price were named the American League co-players of the week on Monday.

Donaldson batted .385 (10-for-26) with nine runs scored, two doubles, five home runs with eight runs batted in over from Aug. 3 to Aug. 9.

Price went 2-0 with a 0.60 earned-run average and 18 strikeouts in 15.0 innings pitched in his first two starts with the Jays.

Stroman gets good news

Blue Jays pitcher Marcus Stroman, who tore the anterior cruciate ligament in his left knee during spring training, has been cleared to throw off the mound.

THE CANADIAN PRESS

10

Osuna notched his 10th save of the season on Sunday

IN BRIEF

NHLPA files grievance over Richards' termination

The NHL Players' Association has filed a grievance on behalf of centre Mike Richards, contesting the termination of his contract by the Los Angeles Kings.

The Kings terminated the final five years of Richards' contract on June 29, saying the two-time Stanley Cup champion committed "a material breach" of his deal.

The team and Richards have said nothing else about the circumstances of his termination. But Richards was expected to fight it, since he was due another $22 million.

THE ASSOCIATED PRESS

Probe into Kane involves woman in her 20s: Source

Patrick Kane GETTY IMAGES

A person familiar with the police investigation of Chicago Blackhawks star Patrick Kane tells The Associated Press that it involves something that happened between the player and a woman in her 20s.

The person spoke on condition of anonymity Monday because authorities have not revealed any details of the investigation being conducted by Hamburg police.

THE ASSOCIATED PRESS

Serena Williams has won four tournament titles this year, three of which were Grand Slams. GETTY IMAGES

TENNIS

Serena focused on Rogers Cup, not U.S. Open

One by one, the top eight seeds at this week's Rogers Cup met with reporters in a VIP lounge at the Aviva Centre, and they attempted to handicap the chances of a Serena Slam.

And one by one, this week's top contenders said they liked Serena Williams' chances of capturing the U.S. Open, and everyone was talking about her laying claim to all four Grand Slam titles at once.

Well, everyone except Williams.

The U.S. Open starts in three weeks, and the world's top player says she'll worry about it then. In the meantime, she's focused on staying undefeated and healthy between now and the Rogers Cup final on Sunday.

> **"You don't want to see her in your draw."**
> Garbiñe Muguruza

"I'm not thinking ahead to the (U.S.) Open right now because I'm right here in Toronto," said Williams, a three-time Rogers Cup champion. "For me it's important to stay in the moment."

At 33, Williams is having the best season of her pro career. She has lost just once in 2015 — to Petra Kvitova, seeded third in Toronto this week. Williams has also lost three matches by walkover, most recently in July when a sore elbow forced her to forfeit a second-round match at the Swedish Open.

But besides those hiccups, Williams has dismantled top competition in high-profile events. Of her four tournament titles this season, three have been Grand Slams.

Among her competitors, Williams' late-career dominance has inspired admiration or consternation, depending on whom you ask.

A July feature in the New York Times referred to how other top women players "chose not to emulate" her physique, even as Williams outclassed them on the court.

But the players speaking to the media Monday afternoon uniformly respected Williams' skill and longevity.

"Obviously Serena is a level above us when she's playing well," said fourth-seeded Caroline Wozniacki.

Williams begins the tournament later this week against Italy's Flavia Pennetta.

TORSTAR NEWS SERVICE

ROUND 1

Gabriela Dabrowski of Ottawa lost 6-4, 6-1 to Flavia Pennetta on a rain-filled Monday at the Rogers Cup.

Canadians at full speed

PARAPAN 2015

Athletes win gold medals at track, pool and velodrome

Jason Dunkerley got Canada's track and field team off to a winning start at the Parapan American Games on Monday.

The visually impaired runner from Ottawa raced to gold in the men's 5,000-metre T11 event, finishing with his guide Josh Karanja in a Games-record time of 15 minutes 39.54 seconds.

Chile's Cristian Valenzuela Guzman was second in 16:21.31 while Ecuador's Darwin Castro was third in 16:34.91.

"We started off with a consistent pace ... we were able to open up a gap," said Dunkerley, who said the result sets him up well for the Rio Paralympics in 2016.

Jason Dunkerley
GETTY IMAGES FILE

"We faced the top two contenders in this race for next year, so this was a good way for us to know how to beat them in the future."

Wheelchair athlete Josh Cassidy of Port Elgin, Ont., also raced his way to the podium on Day 1 of the track meet at the CIBC Pan Am/Parapan Am Athletics Stadium, taking silver in the men's 5,000 T54 race. He finished second to American Daniel Romanchuk in 11:44.92.

"I'm pleased to get a medal," said Cassidy. "I'm proud of the young U.S. guy, he's going to be very good one day."

In other early results Monday, swimmer Aurelie Rivard of St-Jean-sur-Richelieu, Que., won gold in the women's S10 100-metre butterfly, adding to the silver she won in breaststroke earlier in the Games, while teammate Samantha Ryan of Saskatoon captured the silver.

There was more gold at the velodrome as visually impaired cyclist Daniel Chalifour of Mont-Laurier, Que., along with guide Alexandre Cloutier, won the mixed individual pursuit ahead of Colombia and Brazil.

Karen Van Nest of Wiarton, Ont., settled for silver in women's archery, blaming jitters in front of the home crowd for partially costing her gold.

Jane Karla Gogel of Brazil edged Van Nest 140-132.

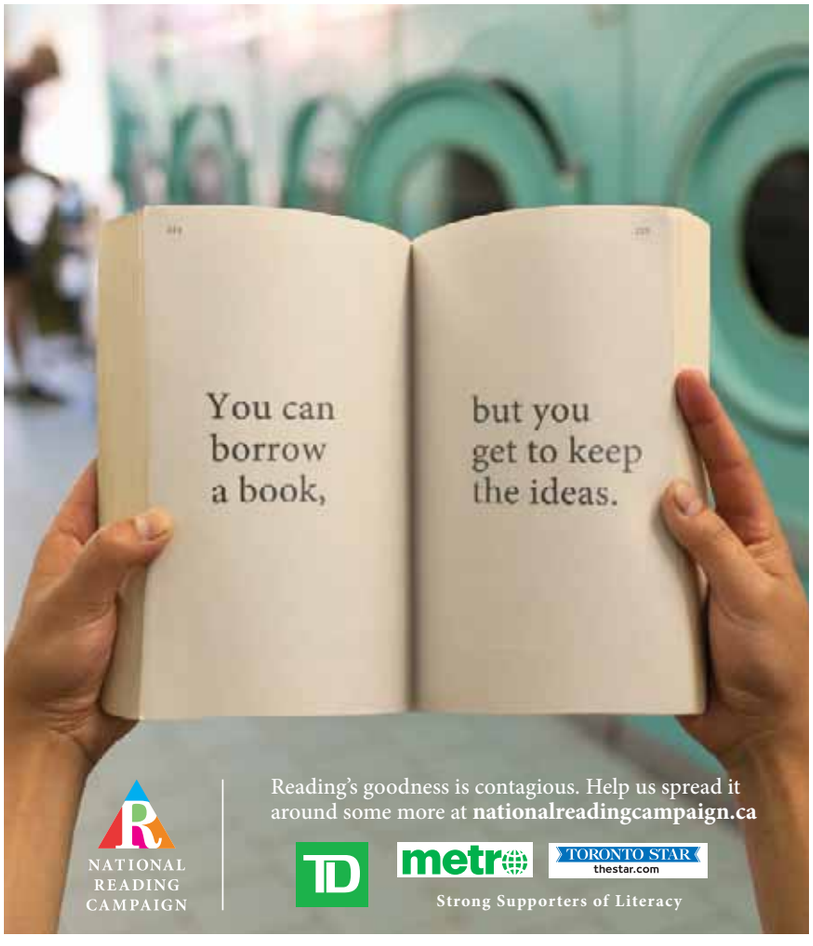
The Canadian, who was slow to join sports after a motorcycle accident in 1985 left her an amputee, said the exposure Paralympic sport is getting in Toronto is a victory in itself.

"I'm hoping any televised para-sport encourages anyone in a chair, or anyone, whatever their disability, to get out and try sport," Van Nest said. "Because it's the healthiest thing really, for your mind, for your body. It enhances your life. And you learn so many skills."

THE CANADIAN PRESS

Alexandre Cloutier and Daniel Chalifour of Canada react to the crowd after winning gold in the 4,000-metre tandem pursuit track cycling event. NATHAN DENETTE/THE CANADIAN PRESS

Karen Van Nest
DAN GALBRAITH/CANADIAN PARALYMPIC COMMITTEE/THE CANADIAN PRESS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SPORT EXPERTS

Toronto still lacking as Olympics bid nears

Toronto has invested in world-class sports facilities since its last bid to host the Olympics, but some experts say the city must do more to foster sports and recreation in the community if it hopes to make — and win — a third pitch for the Games.

Concerns over residents' access to sports and recreation were raised during Toronto's bid for the 2008 Summer Olympics, and some in the sports community say the city still struggles to keep up with demand for public sports infrastructure despite the construction of new elite venues for the Pan Am and Parapan Am Games.

> **The city does its best to keep up with the demand but there just aren't enough fields of play.**
> Heather Mitchell, chairwoman, Toronto Sports Council

The city still lacks a "realistic, sustainable" plan to bolster sports and physical activity and make them more accessible to lower-income residents, said Bruce Kidd, a University of Toronto expert on Canadian sport and the Olympics.

"While we started that, we haven't done it significantly," he said in a recent interview. "We've got to do a much better job."

New rules set by the International Olympic Committee emphasize social as well as economic sustainability.

Talk of another Olympic bid began before the Pan Am Games ended on July 26. The Canadian Olympic Committee is firmly in favour, but Toronto Mayor John Tory says he wants to wait until after the Parapan Am Games end Saturday to make a decision.

Cities interested in hosting the 2024 Summer Games have until Sept. 15 to express their interest formally.

An Olympic bid could be the catalyst the city needs to invest in crucial neighbourhood facilities, said Heather Mitchell, chairwoman of the Toronto Sports Council, an organization created to promote sports after the 2008 failed bid.

"The City of Toronto does its best to keep up with the demand but there just aren't enough fields of play," largely due to budget restrictions, she said.

THE CANADIAN PRESS

IN BRIEF

Pollution suspected as U.S. rowers fall ill in Rio

Thirteen rowers on the 40-member U.S. team came down with stomach illness at the World Junior Rowing Championships — a trial run for next summer's Olympics — and the team doctor said she suspected it was due to pollution in the lake where the competition took place.

The event took place amid rising concerns about the water quality at venues for the 2016 Rio de Janeiro Olympics. The Americans were by far the hardest hit at the regatta, with reports of vomiting and diarrhea.

Other teams in the competition reported some illnesses, according to World Rowing, the sport's governing body.

On July 30, The Associated Press published an independent analysis of water quality that showed high levels of viruses and, in some cases, bacteria from human sewage in all of Rio's Olympic and Paralympic water venues, including the Rodrigo de Freitas Lake, where the rowing competition took place. THE ASSOCIATED PRESS

IAAF criticized by athletes over doping allegations

A group of athletes led by Olympic discus champion Robert Harting has released a video message saying track and field's world governing body had "betrayed" them by not doing enough to fight doping.

"Dear IAAF, we cannot trust you anymore," Harting said in the English-language video posted on YouTube. "We have to act now." Harting, a three-time world champion who won Olympic gold in London in 2012, has been a vocal critic of the International Association of Athletics Federations.

He declined to be considered for the IAAF's "Athlete of the Year" award in 2014 because he did not want to appear alongside candidates who have served doping bans, including U.S. sprinter Justin Gatlin. The video comes after reports by German broadcaster ARD and The Sunday Times newspaper in Britain that blood doping was rampant in the sport, citing leaked test results from an IAAF database.

The IAAF has strongly rejected suggestions that it had failed to follow up on the suspicious tests and that it wasn't doing enough to uncover doping. THE ASSOCIATED PRESS

Boatmen up to their necks in receivers

CFL

Every time a pass catcher falls to injury, a reserve steps up

Good CFL teams stockpile talent like wise investors who save cash for a rainy day.

So when it rains, like it's done both figuratively and literally for the Toronto Argonauts, they've got some insurance.

The Argos keep losing star receivers to injuries, but each time a Chad Owens, Andre Durie or Anthony Coombs goes down, the team reaches into its reserves to plug the hole.

The latest loss is Kevin Elliott, who is doubtful for Friday's game in Winnipeg.

The injury-racked Argos had a walkthrough on Monday at Downsview Park before a cloudburst sent the players scattering.

Receiver Diontae Spencer had a breakout game in the Argos' 30-26 win over the Riders Saturday. FRANK GUNN/THE CANADIAN PRESS

Head coach Scott Milanovich, in going with a film session and light field work, wanted to rest sore muscles after a 30-26 victory over the Saskatchewan Roughriders on Saturday.

Owens did not participate on Monday because his injured ankle is still swollen.

With Elliott doubtful due to a rib injury, Kenny Shaw is the next receiver in line. Pretty soon the well may run dry.

Against the Riders, the Argos reached into their reserves to find a gem in Diontae Spencer, who in his first CFL start made five catches for a game-high 94 yards, including a 52-yard go-ahead TD.

"Diontae having that much success didn't surprise any of us," quarterback Trevor Harris said Monday. "He flashed early in camp."

Spencer signed with the Argos last December after he was released by the St. Louis Rams.

In the off-season, he trains with close friend Odell Beckham Jr. of the New York Giants.

"He wanted to see the touchdown, so I sent him the video after the game," Spencer said. "He was excited for me."

Credit Argos general manager Jim Barker for mining the North American market for receivers as talented as Spencer, Elliott, Vidal Hazelton and Tori Gurley.

Those four have accounted for 11 of the team's 15 receiving touchdowns this season.

TORSTAR NEWS SERVICE

IN BRIEF

Panthers' Newton scuffles with teammate after INT

Emotions boiled over and got the best of Panthers quarterback Cam Newton at practice on Monday culminating in a heated scuffle.

Fights are common in training camps, but they rarely involve franchise QBs.

Cam Newton GETTY IMAGES

Newton went at it with cornerback Josh Norman, with the pair having to be separated by teammates.

The tussle occurred after Norman made an interception against Newton and stiff-armed the QB during his return.

After the play, Newton tackled Norman near the end zone and other players piled on.

Toure torches West Brom

Yaya Toure scored twice in the first half Monday as Manchester City began its Premier League campaign with an impressive 3-0 win over West Bromwich Albion.

Toure scored with two shots from just outside the area in the ninth and 24th minutes as the visitors dominated the match from the start. Captain Vincent Kompany headed in the third in the 59th in a fluid performance that signalled Man City will again be title contenders. THE ASSOCIATED PRESS

Vincent Kompany celebrates Monday with teammates. GETTY IMAGES

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RECIPE Baked Chicken Caprese with Bocconcini and Tomato

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Serves 4
Ready in
Prep time: 10 minutes
Cook time: 17 minutes

Ingredients
- 8 boneless, skinless chicken thighs
- 1/4 cup all-purpose flour
- 2 Tbsp grated Parmesan cheese
- Salt and pepper
- 2 tsp vegetable oil
- 6 oz bocconcini cheese, sliced into 8 thin slices
- 2 plum tomatoes, sliced horizontally into rounds (1/4" thick)
- Chopped fresh basil
- Balsamic Glaze (optional)
- 1/3 cup balsamic vinegar
- 2 Tbsp maple syrup

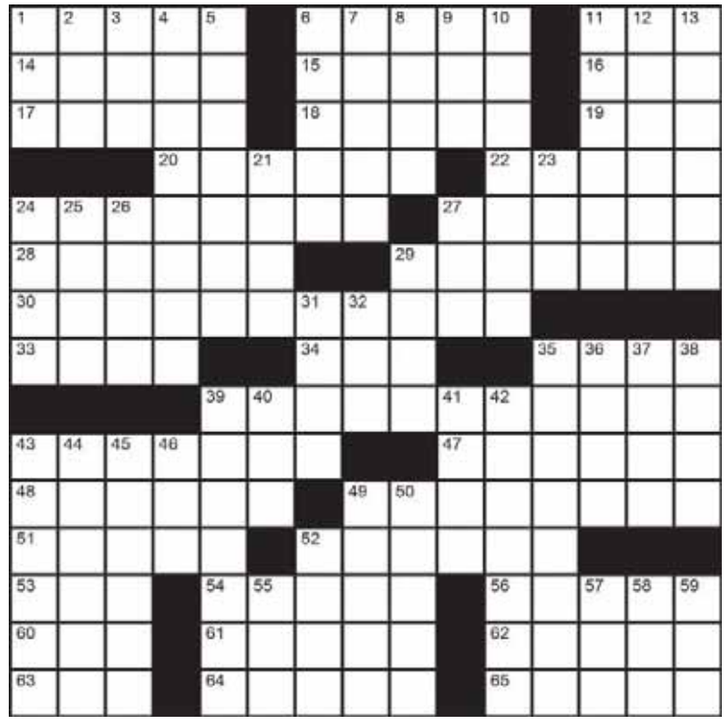
Directions
1. Preheat oven to 400 F.
2. Place flour, Parmesan and salt and pepper in dish. Coat chicken in mixture on both sides.
3. In a large hot skillet, sprayed with vegetable spray, add oil and sauté chicken just until browned on both sides, about 5 minutes.
4. Place chicken in baking dish. Baked for about 10 minutes or until chicken reaches 165 F.
5. Place cheese over top chicken.
6. Set oven to broil. Add chicken dish back in oven and broil for 2 – 3 minutes until cheese melts.
7. Garnish with tomato and fresh basil.
8. Glaze: In a small skillet, add balsamic vinegar and maple syrup. Bring to a boil and cook for 1 – 2 minutes, just until bubbles cover entire surface. Drizzle over chicken.

Nutrition per serving
- Calories 290
- Protein 10g
- Carbohydrates 40g
- Total fat 11 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canadian pickles brand
6. Chocolate substitute
11. Booker T.'s backup
14. Gregorian __
15. "Drop me _ __." (E-Mail me!)
16. Ginger __
17. Voyageur's craft
18. "Rasputin": 1978 disco hit for __ M
19. Hockey great Mr. Robitaille
20. Encrusting
22. Pontificate
24. The Ugly __ by Hans Christian Andersen
27. Eaten away
28. Resounded
29. Washing __
30. Name of Quebec's flag
33. Gus Van __ (Film director)
34. __-Tac-Toe
35. Restaurant receptacle
39. _'__ __ (Thingy on the last letter of the answer to #30-Across, as well as on the last letter of #10-Down's answer)
43. Madonna song with a beach music video
47. Older, to a Scot
48. Teacher's correcting pen content: 2 wds.
49. Most weepy
51. Vocally drop a sound/syllable from a word, as per Rockin' instead of Rocking
52. Oscar-winning actress Hilary's
53. Western prov.
54. HBO political satirist Bill
56. French writer Mr. Zola
60. Address book no.
61. There's __ __ to it (It requires some finesse)
62. Up-and-coming Canadian singer/songwriter Francesco
63. Poetry's 'Before'
64. Stage in a dragonfly's life cycle
65. Rap star, __ Dogg

DOWN
1. E-Mail sending option [acronym]
2. Smashing Pumpkins co-founder James
3. Pepsi holder
4. Blow to end the boxing bout
5. Thief
6. Mountain retreat
7. Sing-__
8. Tree growth indicator
9. 1969 Three Dog Night hit
10. Sasha Fierce's alter ego
11. Country in Africa where Lilongwe is the capital
12. __-free bread
13. Break from a group
21. Captain William __ (Sailor hanged for murder and piracy in 1701)
23. Go team!
24. Meanings of words [abbr.]
25. Calif. campus
26. CBS' "Big Brother" host Julie
27. Station fuel
29. House critters
31. Carve into stone
32. Driver's need, briefly
35. Amulet
36. Drive
37. Many a moon
38. Portable dwelling of Mongolia
39. Offensive __ (Football position)
40. Call upon
41. Flatbread variety
42. Flops
43. Produce
44. Joseph __ (Catch-22 novelist)
45. What food is
46. Eliminate
49. Jerk
50. Orbiting astronaut's view
52. Deception
55. "Pick a card, __ card..."
57. '90s judge
58. Mr. DiCaprio, to pals
59. Clairvoyance, commonly

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You honestly believe there is nothing you cannot do and that may be true, but don't get so carried away with your own brilliance today that you miss a small but important detail.

Taurus April 21 - May 21
If you rely too much on other people now you will no doubt regret it later on when you discover that they don't know what they are talking about. Sometimes you can be a bit too easygoing.

Gemini May 22 - June 21
Even if you expect the unexpected over the next few days there will still be something that catches you out. The good news is it will be something you like.

Cancer June 22 - July 23
Everything is so quiet at the moment that you could be lulled into a false sense of security. Be careful you don't agree to something that is not in your best interests. You don't have to go along with what others want.

Leo July 24 - Aug. 23
You are entitled to feel pleased with yourself for what you have done, but what you have achieved in recent weeks is only the first stage.

Virgo Aug. 24 - Sept. 23
Your mind has been a bit muddled of late, so don't make any hasty changes. Jupiter's move into your sign today means good things are sure to come your way, but there is no time limit on success.

Libra Sept. 24 - Oct. 23
You seem to be finding it hard to put your thoughts into words at the moment but it could work in your favour as it means you are less likely to give away any secrets.

Scorpio Oct. 24 - Nov. 22
You have come through difficult times relatively unscathed and, more importantly, with your head held high, but don't get carried away because there are more challenges to come.

Sagittarius Nov. 23 - Dec. 21
Are your ideas touched by genius? Some say so, while others say you are mad. But who cares what other people think? It's what you want that matters.

Capricorn Dec. 22 - Jan. 20
The more reserved you have been in recent weeks the more likely it is you will give in to wild abandon. Don't worry too much if you make a spectacle of yourself.

Aquarius Jan. 21 - Feb. 19
You need to admit that you have taken a turn that you did not intend. You need to go back and do something about it. Unless you are enjoying this unexpected diversion.

Pisces Feb. 20 - March 20
Nothing in life happens without a reason and if you bear that thought in mind it should make it easier to deal with an event that on the surface seems senseless. Something sparked it off.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		9		6			2	
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						2	7	
5		4				1		3
	7	3						
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	2			5		6		

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CIBC Pan Am/Parapan Am Athletics Stadium

WHEELCHAIR RUGBY
3:30 p.m. – BRA vs ARG
CAN vs CHI
USA vs COL
Mississauga Sports Centre

SWIMMING
9 a.m. | 5 p.m. – Medal Rounds
CIBC Pan Am/Parapan Am Aquatics Centre and Field House

WHEELCHAIR BASKETBALL
8 a.m. | 4:15 p.m. – Preliminary Rounds
Ryerson Athletic Centre

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